

THE COLONNADE

Georgia College's Student Newspaper

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Photos courtesy of Ada Montgomery

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NEWS

EMILY MCCLURE, EDITOR
APRIL 11-17, 2018 ASHLEY BOYLE, ASST. EDITOR

Expanded Chick-fil-A to open at GC in July 2018

Brendan
Borders
Staff Writer

GC's campus Chick-fil-A, located in the Bobcat Food Court, will be closing down May 12 for renovations. The store will open back up in mid-to-late July with an expanded menu, just in time to serve students enrolled in late summer classes and fall 2018.

Director of Auxiliary Services Greg Brown said that every franchised Chick-fil-A store upgrades once in a while. The current campus store has been up and running for the past 12 years, but corporate Chick-fil-A mandates an upgrade every few years.

The new changes to the store will add in fruit cups, greek yogurt, milkshakes, chocolate chip cookies, frosted lemonades and Icedream Cups, as well as spicy chicken sandwiches and bacon, egg and cheese biscuits.

Many GC students are excited about the changes, such as junior Anna Schureck, a business management major.

"I think it's really great, and it will be more appealing to students on campus, and it will definitely be something that students enjoy and take advantage of," Schureck said.

Jarvis Williams, who is the supervisor for The Max and Chick-fil-A, said that the new changes to Chick-fil-A will improve the experience for the students as well as the employees working.

"It should be easier, and with the expansion it will be more things you need to be better [as a company]," Williams said.

Instead of closing down for the summer like usual, The Max will stay open to accommodate the summer students who would usually eat at Chick-fil-A or Subway, since the Bobcat Food Court will be closed.

The new plan for the Chick-fil-A and Bobcat Food Court includes the removal of the cash registers in the middle of the store. Each food retailer will have its own cash register to increase accessibility and decrease wait times.

Students who frequent the Bobcat Food



NEW ADDITIONS TO THE CAMPUS LOCATION

ALL YOUR FAVORITES ARE STILL AVAILABLE, BUT HERE'S WHAT'S NEW ON THE MENU:

LUNCH/DINNER

ENTREES

Spicy Sandwich (+ Deluxe)
Grilled Chicken Sandwich / Club
Grilled Nuggets (8 & 12 Count)

SALADS/WRAPS

Market Salad
Side Salad
Grilled Cool Wrap

SIDES

Fruit Cup
Greek Yogurt (if breakfast)

BREAKFAST

ENTREES

Sausage Biscuit
Bacon Biscuit
Biscuit
Sausage, Egg + Cheese Biscuit
Bacon, Egg + Cheese Biscuit
Biscuit w/ Egg

DESSERTS

Chocolate Chunk Cookie
Milkshakes
Frosted Lemonade
Ice Dream Cup

Court often find themselves waiting for fresh food to be served and then waiting in a long line to check out. By the time they get to the end of the line, their food is already cold. Supervisors hope the new additions will eliminate these problems entirely.

Chick-fil-A will be getting an expanded counter of its own with a cash register, and employees will take students orders for entrees and desserts from the register, rather than taking the orders verbally from the window as they do currently.

Subway will stay the same size with the addition of its own active cash register.

Brown mentioned that there will be no added infrastructure to the current building. However, the Bobcat Food Court will expand further into the space underneath The Max, and another electrical panel and another vent hood system will be added after the addition of the two new fryers.

"This is about a \$200,000 project," Brown said. "We're updating the kitchen aspect of it, to add more opportunity, and we're hoping

to increase profits."

Students will be able to walk to the Bobcat Food Court and get a 20-ounce Chick-fil-A milkshake to take their minds off their classes and homework.

Freshman Evan Baker, a current employee at Chick-fil-A and an economics major, said he is excited about the changes to the current workplace.

"Management is excited about it," Baker said. "I know personally I am excited about it, and I think overall it's going to go well."

Kristen Pack / Graphic Designer

Arts & Sciences announces Newell Scholar finalists

Lindsay Stevens
Staff Writer

GC has narrowed down its search for the next Martha Newell Visiting Scholar to three finalists: Tim Garrison, Michael Lackey and Carolyn Barber.

The Martha Daniel Newell Visiting Scholar program provides the opportunity for visiting scholars to teach an interdisciplinary course at GC that would not normally be offered. The program was established in 2011 with a \$1 million endowment.

Martha Daniel Newell is a GC Alumni, '42, who wanted to make an impact on students by bringing high quality scholars to campus to teach a class that provides special instruction in their areas of expertise.

"The idea is that we bring important elite scholars to campus, one each year, and they are going to bring to us something that we don't have," said Ken Procter, dean of GC's College of Arts and Sciences.

This year's candidates hail from across the country and are offering courses constructed to challenge and interest students from every major.

Carolyn Barber would like to come to GC so that she may continue her research of "flocking," a group innovation and improvisation, and to develop extensions and variations of this process. She said she would also like to develop more effective teaching tactics that would be applicable in a wide variety of settings.

"Throughout the semester, students would

create new cognitive tools to use in their own work, to understand the relationship of their work to the larger community of artists and scholars and to begin to identify new and potentially fruitful paths of inquiry and opportunities for collaboration and service," Barber explained.

Michael Lackey said he would like to introduce GC students to the topic of biofiction, which is literature that names its protagonist after an actual historical figure.

"I want to be a Martha Newell Visiting Scholar because I share Newell's passion for the life of the mind, and I am committed to the renegade art of creating bold and original ways of being, but I am also drawn to GC because of its commitment to the liberal arts," Lackey said.

Tim Garrison is a native of Gainesville, Ga. and has received two degrees from UGA. Garrison said he would like to come to GC so he may share an important story in American history.

"I think the course that I have proposed, 'The Indigenous Peoples of Georgia,' will be very interesting for students in several majors," Garrison said. "I also think that the public lectures that I will be able to offer about the history of the Indian Removal Crisis and the Trail of Tears will be interesting for people in the community and around Milledgeville."

There is no specific date set for the committee to decide on the final scholar.

The current Newell Scholar is Yael Prizant, who is a translator, dramaturg and former assistant professor of theatre at the University of Notre Dame. Prizant's focus is on arts in Cuba, science and "Living Newspaper." Her next performances are "Devised Living Newspaper Theatre Project" on April 10 through 12 and "Adapting and Translating for Film and Theatre" on April 18.



NEWELL SCHOLAR CANDIDATES 2018

NAME: Carolyn Barber

UNIVERSITY: University of Nebraska Lincoln

PROFESSOR OF:

Director of Bands, Professor of Conducting, and the Ron and Carol Cope Professor of Music

RESEARCH AREA:

Various facets of music and creativity, with special emphasis on what Dr. Barber calls Flock Innovation

CLASSES THEY WOULD TEACH:

Interdisciplinary GC1Y course on creative practice

NAME: Michael Lackey

UNIVERSITY: University of Minnesota, Morris

PROFESSOR OF:

Distinguished McKnight University Professor

RESEARCH AREA:

Biofiction

CLASSES THEY WOULD TEACH:

Social Justice Biofiction

NAME: Tim Garrison

UNIVERSITY: Portland State University

PROFESSOR OF:

Department Chair and Professor of History at Portland State University, where he is also the College Prelaw Advisor

RESEARCH AREA:

Residency proposal includes public presentations on various facets of Cherokee removal and the Trail of Tears

CLASSES THEY WOULD TEACH:

Indigenous peoples of Georgia from 1530 to the present



UNSUNG HEROES

Patrick Coffee

**Wilson
Roberts**
Staff Writer

It's 7:30 in the morning. The smell of coffee hangs in the air. Under The Max, students begin arriving at Einstein Bros. Bagels for their morning food and drink. The smiling man behind the counter tells every student to "have a nice day" as they receive their coffees.

Patrick Coffee, assistant manager at Einstein Bros. Bagels, welcomes each student by the name that pops up when they swipe their Bobcat cards.

"Every time I go to Einstein's, Coffee is always smiling and brightening my day," said sophomore Meredith Collier, a history major.

Megan Pike, an exercise science major, said she feels the same.

"I don't get coffee much on campus, but when I do, I often go to Einstein's because of the environment there," Pike said. "I think a lot of the environment is because of the upbeat person that Coffee is."

Coffee said one of his favorite aspects of his job is his interactions with students.

"One reason I stay at Einstein's is because of the students," Coffee said. "Learning about and meeting new people is something I really enjoy and a major reason I love my job."

Coffee said his daughter and the students at GC are his inspiration and the reason he continues working at his job.

"Whenever someone eats my food, it makes me happy, and I've learned a lot from

talking to different students and interacting with them on a daily basis," Coffee said. "Micah Davis was a nursing major who graduated a few years back, but when I still worked at the Village Market on West Campus, he was a regular and would come in when he knew I was working. He motivated me and kept me afloat during rough times in my life."

Davis wasn't the only student that had an impact on him. One day, Coffee said, a girl came in and ordered her coffee and bagel while looking down.

"I walked up to her and asked her what was bothering her, and she said she had a test coming up and didn't want to go home," Coffee said. "After talking to her and trying to cheer her up, I left to get back to work. After that though, I noticed Leila started becoming a more frequent customer, and I knew that I had helped her."

While Coffee doesn't have much time to himself, between working at Einstein's and Dairy Queen, he keeps busy with activities in his free time, like attending his church, Jordan Stream Baptist in Toomsboro, and educating himself.

"One of my favorite things to do is to watch the History Channel," Coffee explained. "When I am home, the History Channel is on 24/7, unless a new episode of 'The Simpsons' is on."

Coffee said he loves learning about history because it is so interesting, and he has recently taken an interest in the Holocaust.

"The Holocaust is fascinating to me because Hitler had so much power given to him by the people, and he could carry out the Holocaust and all the things he got away with," Coffee said. "It really goes to show



Hetty Bishop / Staff Photographer

Patrick Coffee is the assistant manager at GC's Einstein Bros. Bagels.

how much power words have over people."

When he is not learning more about history, Coffee enjoys playing music.

"I first got into music in the sixth grade when my mom made me either get a job or do an after-school activity," says Coffee. "Since I was only in sixth grade, I couldn't get a job, so I had to do find something else to do, and that was music for me."

Coffee said he chose the trumpet because most of his favorite music involved trumpets, especially tunes by his inspiration: Louis Armstrong. He was first chair trumpet in his high school band during his senior year. Coffee even tried out for the music corps in the military, but ultimately did not get the position because he had not been able to practice between his two jobs.

However, Coffee kept up his spirits and moved on to his second love: cooking.

"I actually got a culinary degree from Kendall College," Coffee said. "I love it when people eat my food and say it is delicious. It is like a pat on the back."

Sometimes customers specifically ask for Coffee to cook their food, which he said makes him feel extra special.

"It's such a nice feeling knowing that that person would prefer me to cook their food rather than someone else," he said.

Coffee plans to continue cooking and revolving his future, after GC, around cooking. Once he retires, he plans to open a restaurant in the Milledgeville area.

"My mom had a restaurant, and I plan on doing the same and even keep the same name: 'Pat's Touch of Class,'" he said.

The restaurant would focus on what Coffee describes as "fine cuisine," including soul food.

In the meantime, Coffee also has some advice for students at GC who are thinking about taking a break from college.



Hetty Bishop / Staff Photographer

Coffee takes hundreds of coffee orders every morning at Einstein's.

"I see a lot of students walk through Einstein's and talk about maybe taking a break from school for a year or two," Coffee explained. "I think that's a terrible idea because once you stop, it takes a lot more to get going again. It takes a lot more dedication to start up school again after a break than it is to continue till a degree. Also, after the break you have basically hit a reset button and have to retrain yourself how to study and time management all over again, and that can be avoided if you stay in school."

Coffee speaks from experience, since he is currently pursuing another degree in management from Central Georgia Tech, after which he hopes to become manager at Einstein's.

GC Dining revamps Dining Dollars, CatCash program

Elyssa
 Gerber
Staff Writer

Starting in July 2018, GC Dining Services will cancel its Dining Dollars program and make Bobcat Card funds known as CatCash an optional policy unconnected to GC meal plans.

The University System of Georgia instituted a new policy, effective in the summer of 2019, which says that USG universities are not allowed to require automatic deposits into accounts, such as Dining Dollars or CatCash, as part of a meal plan purchase. GC is beginning this system early to lower the cost of meal plans for students.

"As part of restructuring, we decided to eliminate the Dining Dollars program altogether since those funds were limited and could only be used for on-campus food purchases," said Greg Brown, director of Auxiliary Services.

In the past, GC freshmen students were required by the GC First Year Student Policy to purchase a meal plan, along with the requirement to live on campus. GC Dining Services currently offers three traditional meal plans that which include a set amounts of Dining Dollars and CatCash. Students of all class levels can also add CatCash to their Bobcat Cards online.

The Dining Dollars program allows students to purchase food from any on-campus dining venue, while Cat Cash allows students to purchase other items anywhere that accepts the Bobcat Card as payment. This includes printing, laundry, copying and off-campus restaurants and stores.

Due to the variety of purchase options with CatCash, this program will continue as an option, not a requirement. GC Dining Services still suggests that parents and students put money into a CatCash account for their students to be able to use where only Bobcat Cards are accepted, not debit cards, such as the printers or copiers.

Students welcome a change to the dining plan.



Ada Montgomery / Senior Photographer

CatCash will be unconnected to meal plan purchases beginning Fall 2018.

"The meal plan is very expensive, so knowing that I was also paying for money that could be used at other restaurants was nice," said senior Ashlee Cordero, an exercise science major.

"I think making it strictly CatCash is a positive thing because you can still use CatCash at places that you would normally use dining dollars."

Students who currently have Dining Dollars in their accounts will keep those until they are used up or the student graduates from GC. They cannot be turned in to CatCash or

transferred elsewhere.

Other students who used Dining Dollars more often than CatCash also see the change as a positive because CatCash can still be used at places that used to take Dining Dollars.

"I never found CatCash very useful, but I liked Dining Dollars because I was able to eat on campus," said junior Ansley McDaniel, a biology major. "Combining them will be a win-win for people who want to eat on or off campus."

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Furry subculture makes GC its habitat as an RSO



Photo courtesy of Annel Tempest

Furries wear their suits at meetups with others in the fandom, like these GC Furries members did at a meetup in Atlantic Station.

Anna Markowitz
Contributing Writer

A wild wolf was spotted prowling the streets of Milledgeville. After further investigation, it became apparent that the wolf was in fact Sollux*, a GC student and co-founder of the GC Furries Club.

A “furry” is a person who likes to personify “anthropomorphic animals,” said fellow club member Annel Tempest. Anthropomorphic animals are those that are given human traits like walking on two legs or wearing clothes.

Furries dress up as animals in many different ways, including “fursuming,” when people dress in an animal suit, wearing tails or ears or even just acting like an animal. Dressing up is not the only characteristic of being a furry.

“Members of the fandom must choose a ‘fursona,’ a character that that person makes up,” Sollux said.

A person would then fully embody that character by dressing like their animal and acting out their favorite characteristics.

There are an infinite number of fursonas

to choose from. In the case of the GC Furries, fursonas of members range from basic cats and dogs to chinchillas and snow leopards.

After choosing a character, furries commission artists to professionally draw and make images of their fursonas. Lastly, they pick the perfect name to embody their fursona, such as Sollux or Annel Tempest.

Dylan Mathews, a writer for “Vox,” reports that the furry fandom includes people with a fetish for having sex in their animal costumes. The act is known as “yiffing,” a name made to portray the sound foxes make while doing it.

With an interest this bizarre, it’s no surprise that there are people who engage in kinky sex. However, it is clear that this is not necessarily a common characteristic of the fandom.

“Sex in a fursuit, that’s just a person’s kink, and no furry I personally know does that including myself and the club,” Tempest said.

Other members of GC’s branch of the subculture say that furry sex is quite rare and even taboo within the furry fandom. The costumes themselves can be priced up to \$2,000, and the wait for the handmade suits to arrive can take years, so members of the club find it careless to ruin something so expensive by having sex in it.

The club started when two student furries

decided to reach out to the furry community at GC by posting fliers around campus imploring people to join the GroupMe.

“Turns out, there was more than I expected,” Sollux said.

Currently, the club has 17 active members. They meet twice a week and often travel to Atlanta to meet, hang out and party with up to 50 other animals.

Meetups typically have diverse turnouts. The club’s most recent furry meetup was at Atlanta’s Atlantic Station, where 22 members of furry clubs gathered from across the state, with 11 more on the waitlist.

Members of GC’s club are working toward attending Furry Weekend Atlanta (FWA), the world’s fourth largest furry convention. According to the FWA website, the convention hosted more than 3,000 furry enthusiasts in 2013.

Furry conventions can include writing panels, dance competitions and raves, said Breeze, another GC Furries member.

The subculture has an increasingly large following all over the country. According to Emily Gaudette, a writer for “Inverse Culture,” the number of attendees at furry conventions across the U.S. has risen to between 2,000 and 6,000 per convention since 1990.

What’s behind this rising rate of furry

fandom members?

“There’s always been a lot furries in America, but just like homosexuality before President Obama, they were all in the closet,” Tempest said. “Being a furry wasn’t very accepted.”

Now, Tempest often sees people walking on the street with tails hooked to their belts or ears on their heads.

This cultural phenomenon is extremely misunderstood, according to the members of GC Furries.

The creators of FWA describe the fandom as a hobby not so different from that of Star Trek fanatics, comic book fans or even medieval times reenactors.

Although the club centers around a common interest in being furries, that is not the sole purpose of the group. Tempest describes the club as a safe space for people trying to explore their interests.

We’re 100 percent open-minded,” Tempest said. “There is no discrimination, and a person won’t be bullied or trolled. We come down hard on that kind of thing. If anyone’s looking for a weird group of friends, we’re probably it.”

*All names of GC Furries members are of their fursonas.

SPORTS

ISAIAH SMITH, CO-SPORTS EDITOR
APRIL 11-17, 2018 CHRIS LAMBERT, CO-SPORTS EDITOR

Players win ballgames, but numbers never lie



Alex
Jones
Staff Writer

The GC baseball team is on pace for a record-breaking PBC number. The team batting average is .375 on the season, an impressive number that is on track to shatter the previous record of .358 set by the Bobcats last year.

"Breaking the record was not talked about, discussed or researched," said head coach Jason Eller. "We just put together a lineup that grinds out at bats, learns how to battle with two strikes and executes early and late in the count."

The top four players leading the conference in batting average are all Bobcats. Garrett Green leads the Bobcats in batting average hitting .470.

With the lingering possibility of breaking their own record, Eller was ecstatic.

"Honestly, I look at the numbers because I'm excited about it," Eller said. "Ultimately, it doesn't help us win games, but it helps us score runs, and we will continue to aim to hit at a high average."

Along with their hot hitting, the Bobcats offer impressive pitching. GC ranks third in the PBC for the lowest ERA. Senior right-handed pitcher Charlie Hecht leads the Bobcats in ERA at 1.46 and eight wins.

"We have great starting pitching that has laid a foundation for us to win," Eller said.

Besides the starting pitching by Hecht, junior relief pitcher Bradley Cammack has accumulated seven wins of his own. Cammack is thorough with his pitching and weightlifting program and sticks to his routine to maintain focus and success.

"Charlie [Hecht] has a lot to do with my own success," Cammack said. "He sets the tone, and when he comes out of the game, every batter he has faced is frustrated."

Eller preaches routine and preparation to the team as well as keeping a focused approach. Players also attribute their success to the personable coaching staff, who they can talk to anytime.

"Coach Belcher is the reason we're so good on the mound," Cammack said. "He does his homework and knows exactly what pitch to throw to certain

guys, and he preps us well every week."

Analytics and data don't have a large impact on the Bobcats; it's more about the matchups. GC's deep roster and diverse playing strengths enable the coaching staff to shift the lineup based on the matchup.

"I focus more on the preparation and the mental mindset of the team rather than the analytics," Eller said. "The numbers don't show up to play the games."

Whether the team needs a player who can hit velocity, a lead off base runner or a low strike zone hitter who can matchup with the side arm pitchers, GC has a guy for the situation.

"We have an awesome history here, so when our players come out, they expect to win because of the tradition of the program," Eller said. "We have outstanding seniors who provide leadership and motivation."

Although the statistics are impressive, and breaking the record is something for fans to keep their eyes on, the Bobcats try not to focus on the numbers. Instead, they do whatever is necessary to win.



Christian Brook / Staff Photographer
GC's pitchers have been lights out in 2018, holding opponents under four runs per game.

GC athletes making diet and nutrition a high priority

Katie O'Neal
Staff Writer

Even though athletes spend a lot of time practicing their sports, what they eat affects their performance as much as anything else.

The GC athletes eat a variety of foods to stay healthy and physically prepared for their sport.

Athletes who struggle with not eating enough try to eat as many good carbs and proteins as possible.

"I think the biggest thing we try to do is focus on nutrition education, so we don't necessarily tell [the athletes] exactly what to eat as more as us trying to educate them," said Mike Martino, exercise science program coordinator. "We will give [the athletes] handouts that give them sample ideas of what they could possibly make as wise food choices."

In general, Martino tells the athletes to stay away from processed foods, fried foods and fatty meats. He tells them to try to eat lean sources of protein, vegetables and fruits whenever possible. Everyone can pretty much eat as many vegetables and fruits as they want,

and by eating this way, more micronutrients, vitamins and minerals are consumed.

"[For my diet] I try to eat clean, so I stay away from processed foods and saturated fats," said Matt Sutton, who runs cross-country. "I try to eat foods that are natural, that have all the vitamins and minerals that I need."

Paul Higgs, the head athletic trainer, and Martino also emphasize the importance of hydration for the athletes. A lot of GC athletes carry around a gallon jug of water or a refillable water bottle. Usually a general goal for the athletes is drink over 100 ounces of water a day.

"I hydrate all the time," said Amanda Bartholomew, a soccer player. "That's [a] number one priority because I'm prone to cramps."

A trick athletes use to improve their performance is to consume caffeine before their event takes place. Research proves that caffeine can be used as an ergogenic aid to improve anything associated with endurance performance.

"So would this help a soccer player? Absolutely," Martino said. "But if they drink a lot of caffeine every day, it's not really going to have an effect. We encourage [athletes] not to use caffeine as part of their

regular routine."

Another trick athletes do before a race is carb-loading.

"I try to eat a lot of carbohydrates the night before a race because it refills my glycogen storage and gives me a lot of energy going into the race," Sutton said.

There are 185 to 200 athletes at any given time here at GC, and the diet of all these athletes vary. People sometimes assume weight loss is important to athletes. However, while there are some athletes who want to lose body fat, intake of calories, vitamins, carbohydrates, protein, minerals and nutrients are more important to a lot of athletes.

"I have a big problem of losing weight throughout my season, so I'm trying to prevent that because if I do lose weight, I see a decrease in my performance," said Bradley Cammack, a baseball player. "I am just trying to maintain my weight, if not gain."

Cammack tries to eat a lot food throughout his day. When he goes to The Max, he said he likes to eat at the 441 Diner, Sinclair's Sandwich and Milla D'villa.

"When I go to The Max, I always start off with a salad," Cammack said. "[My salads consist of] romaine leaves, turkey, ham, black olives, carrots and caesar dressing."

Since Sutton is an endurance athlete as a

member of the cross-country team, he tries to stick to a 2-to-1 carbohydrate to protein ratio after he works out. He does this within an hour after working out to refill the carbohydrates but also rebuild with some protein.

"Eating the right stuff and putting the right stuff in your body is so important," Bartholomew said. "For me, hydration and eating affects me, and I can tell the difference when I've eaten something bad and when I've eaten something good."

Since diet is extremely important to athletes, a lot of thought and planning goes into what an athlete eats.

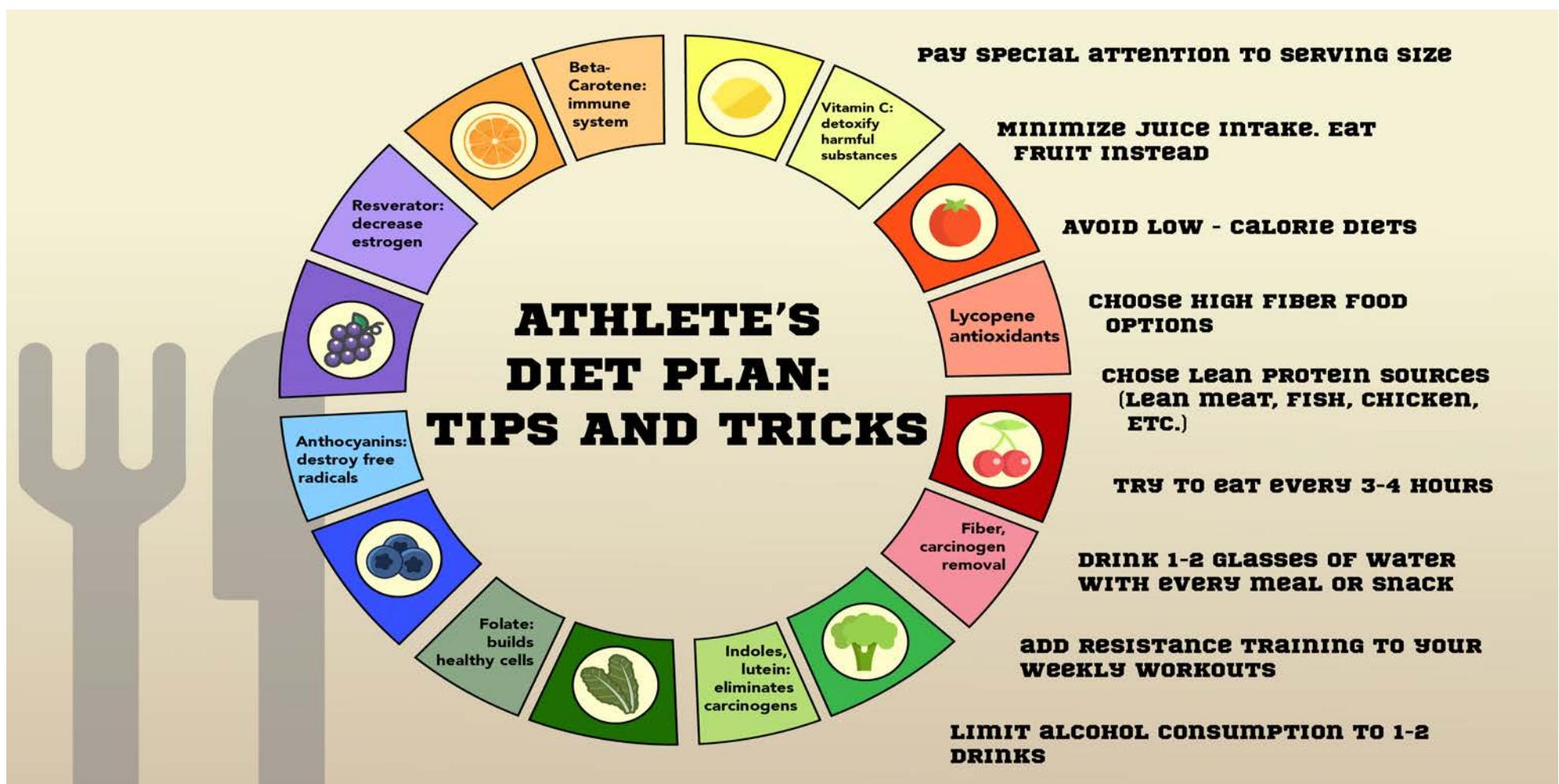
"Our strength coaches tell us a lot that your body is kind of like a car, and you have to fill it up with the right kind of gas, not just anything," Sutton said. "So, I don't want to throw bad foods in because it will make me feel bad."

Athletes are aware of what is going in their bodies and how much of it. When an athlete eats unhealthy or doesn't eat enough, it will show in their performance at practices and at games.

"Eating bad can make me really lethargic,

Athlete Diets

Continued on page 10



Athlete Diets

Continued from page 9

tired and just not have energy when I am running," Sutton said.

For Cammack, there's a careful balance to be achieved, especially before a game.

"If I eat too much before a game, I'll feel sluggish and the whole game I'll feel drowsy," Cammack explained. "If I eat too little, I'll feel antsy and weak, so usually before a

game, I'll stick to a sandwich and salad.

When Martino is working with athletes that come to him specifically concerning their diet, he will give them a portion control container or show them where to get them on Amazon. He suggests getting the three or four compartment ones. This allows the athlete to learn what the proper food portion sizes are.

"Personally, I try to stick to a

high protein and low carb [diet], and when I do eat my carbs, it's good carbs," Bartholomew said.

In the mornings, Bartholomew makes a cup of coffee and also drinks water. She makes three eggs and two organic, lean sausage patties with a whole avocado. Then she mixes all that together with Cholula hot sauce, not ketchup because of the sugar content.

"I have little to zero sugar in my diet," said Bartholomew.

Then for a snack she has a Lärabar, which consists of three ingredients: dates, peanuts and salt.

"So I don't really have a lunch, I just eat a big breakfast and snacks," Bartholomew explained. "I snack every hour on the hour from breakfast until practice."

Bartholomew's other snacks include bananas, mixed nuts and almonds. Sometimes, she makes a smoothie made up of almond milk, flax seeds, mix fruits, kale and

water. By the time soccer practice is over, she is starving, so she goes home and makes grilled chicken, a salad with an olive and avocado-based dressing, a sweet potato and vegetables.

"I think diet is important," Cammack said. "Just like anything else that goes into sports, you want to have a routine, and your diet should be a part of your routine. You should keep it the same from a week to week standpoint."

Golf confident as PBC Championship nears

Caroline Snider
Staff Writer

With a win-or-go-home mentality, the GC golf team advances to the Peach Belt Conference Tournament Championship, which begins Friday, April 13 and ends Sunday, April 15. Because their rocky start in the fall, the team must win the whole tournament in order to continue their season.

The tournament will take place at the World Golf Village in St. Augustine, Fla. hosted by Flagler College. After playing 54 holes over three days, the winner of the tournament will progress to Regionals.

The starting lineup consists of the top five golfers on the team. Four out of the five lowest scores are added together and compared to the other teams, determining the team's finish.

Head coach Patrick Garrett said he feels pretty good about the tournament.

"We've been playing much better this

spring, and the guys have put in a lot of work," Garrett said.

According to Garrett, the team has improved tremendously over the season and only needs confidence and patience going into the tournament.

In the starting lineup, senior Thomas Hodges, a marketing major, is the only returner of the GC team. Garrett said Hodges has an advantage because he has played the course several times and understands the holes.

In order to help the guys prepare for the tournament, Garrett finds a local course around the Milledgeville area that is the most similar to Flagler's course. This gives the team a better idea of what type of course they will be playing.

Hodges said he not only hopes to bring home a win but also wants to simply have great time with his teammates and enjoy some good weather. He also expressed mixed emotions about the tournament.

"I am excited about the tournament, but I am kind of sad because it could be my last

one," Hodges said.

Hodges said he must continue practicing his short game, including putting and chipping, to get ready for the tournament.

Because of his love for the game of golf, Hodges plans to move to Florida and caddy some to stay within the golf environment after college.

Senior Justin Connelly said he hopes this will not be his last college tournament, but he does plan to take advantage and enjoy every shot he takes. Like Hodges, Connelly plans to continue his golf career after college. He said he has signed up for several big tournaments this upcoming summer.

Along with his golf career, Connelly was recently accepted into Kennesaw State University's nursing program, which he will begin in August, in hopes to also begin a career in the medical field.

"It's going to take perseverance and focus to give our best effort on all 18 holes," Connelly said. "A lot of times we get off to a really good start, then get too relaxed or fatigued and lose the lead. We've got to keep

the foot on the peddle and stay aggressive."

The team hopes that their hard work pays off this weekend so they can bring a PBC Championship trophy back to GC.



Christian Brook / Staff Photographer

GC hopes to capture its first PBC Championship since 2010 this weekend.

Be thankful golf fans, we have a black hat again

Isaiah Smith
Co-Sports Editor

On Sunday, Patrick Reed entered golf immortality by winning the Masters Tournament.

Though it was his first time donning the Green Jacket, it gave golf fans should realize the important trait shared by Reed and Tiger Woods.

The differences are obvious. One is white; the other a self-proclaimed "Cablinasian." One attended Stanford; the other Augusta University after being run off from the University of Georgia. One never won a major before Sunday; the other has 14. One is the most dominant golfer ever, and the other is still trying to establish himself.

To casual observers, the only similarity between Woods and Reed is that they won their first Green Jackets in their 20s. But

there's another similarity, one that holds great significance for the game of golf.

Last weekend, Reed did his best Tiger impression on his scorecard and in the narrative he brought to the tournament.

When Tiger broke into golf and started winning majors like they were going out of style, he brought controversy.

This was the first time someone who looked like him had dominated golf. Not only did he dominate the competition, he knew how dominant he was. And he didn't apologize for it. He made it clear that he didn't owe anything to anyone except himself, and a lot of people hated that. Mix in his high-profile infidelity scandal a few years later, and haters had all the ammunition they needed.

In a 2013 list of the Top 10 most arrogant golfers of all time, Richard Leivenberg named Woods as, "the most arrogant golfer and perhaps the most arrogant athlete ever."

With Tiger, there was no middle ground. He was either a flawed hero or an outright

villain.

He forced us to choose a side.

And that's the beauty of Tiger.

Tiger's absence deprived golf of a villain until Reed and his checkered backstory sat atop the leaderboard Sunday.

Among golf's traditionalists, Reed already had enemies. He's talked trash. In 2014, he declared himself a Top 5 player in the world. He's been nicknamed Captain America for his spirited Ryder Cup performances. There, he once shushed a European crowd after winning a hole. His fist pumps after every clutch putt is frowned upon by many golfers.

Then, news broke that Reed and his family were estranged and hadn't spoken six years. And the rumors about the circumstances that led to Reed's dismissal from UGA's golf team did him no favors either.

On the tournament's final day, Reed officially ascended from being disliked to officially wearing the black hat of the villain

By literally and figuratively wearing the

black hat, Reed gave the tournament's final round the tension between good and evil that golf has lacked.

Going against the white-hat-wearing good guys like Rory McIlroy, Rickie Fowler and Jordan Spieth, Reed made people choose between the spotless regulars or the slightly-flawed bad guy atop the leaderboard.

It's what drew me to the tournament this weekend with Tiger's return to Augusta, and it's what kept me tuned in after Tiger fell out of contention.

No matter your opinion of Tiger Woods, we have to face the fact that his villain days may be nearing their end.

And if Tiger's days are numbered, golf needs someone to step up and wear the black hat. Whether it's Reed again, who could make a career of playing the villain, or someone else, the role must be filled. It molds each tournament's narrative, and, most importantly, it forces us to get in someone's corner instead of sitting on the fence.



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ARTS & LIFE

AMY STRANG, CO-A&L EDITOR
APRIL 11-17, 2018 KAYLIN MARTINKO, CO-A&L EDITOR

MARATHONING FOR A MIRACLE

Laura
Cavalenes
Contributing Writer

Hundreds of students gathered Saturday night to support GC Miracle's annual Dance Marathon fundraiser to support the Children's Hospital in Macon, an event that was efficiently pulled off due to the hard work of the executive board members behind the event.

The effort is well worth it for senior Janae Innis, a business management major and the director of entertainment for GC Miracle.

"My position is essentially about this one Saturday," Innis said.

Innis was responsible for everything happening on the main stage as well as the side courts of the Centennial Center during the 12-hour stretch of Dance Marathon. From Zumba to live bands to a hypnotist, Innis' fingerprints were all over the event.

"I think a lot of people just think that we plug in an aux cord

and dance for 12 hours, but that's not what happens at all," Innis said. "There's tons of stuff going on, and it's all planned out way in advance."

While Dance Marathon is probably GC Miracle's most recognized event, Innis was quick to point out that the organization does other events throughout the year to raise money for the Children's Hospital in Macon.

"GC Miracle isn't just Dance Marathon," Innis said. "It's just one event out of everything we do. Dance Marathon is the culmination of everything we've done for the past 365 days."

GC Miracle supports a hospital in Macon that is in the process of a much-needed expansion, so the money raised, totaling over a quarter of a million dollars, will go directly to that effort.

During Dance Marathon, students stand, dance—anything but sit down. But this long haul doesn't drain the energy from the dancers. Instead, students bring their passion and excitement for the cause. For many, the event is personal, adding another layer to the marathon.

"I was really sick as a kid, and I wouldn't be here today if not for the technology that Children's developed," said freshman dancer Natalie Miller. "So participating in Dance Marathon is my way of supporting kids like me."

Because of the planning and coordination provided by Innis and the entire executive board of GC Miracle, there was never a dull moment.

"Janae just put so much heart into it and has done an amazing job planning everything," said junior morale leader Bentley White.

During the event, Innis fixed problems and clarified instructions with ease, running around but also taking time to participate in the silent disco and dance with other executive board members when possible.

GC Miracle has been a part of Innis' life since freshman year, when she saw them advertising at CAB's annual Midnight Breakfast.

"I just saw a flier for a dance marathon and thought, 'Oh my God, they did that on Gilmore Girls, that sounds so fun,'" Innis explained.

DANCE MARATHON 2018

TOTAL AMOUNT RAISED

\$250,373.98

From there, she moved up to being a morale leader her sophomore year. Then she became the director of morale her junior year, and now she is the director of entertainment.

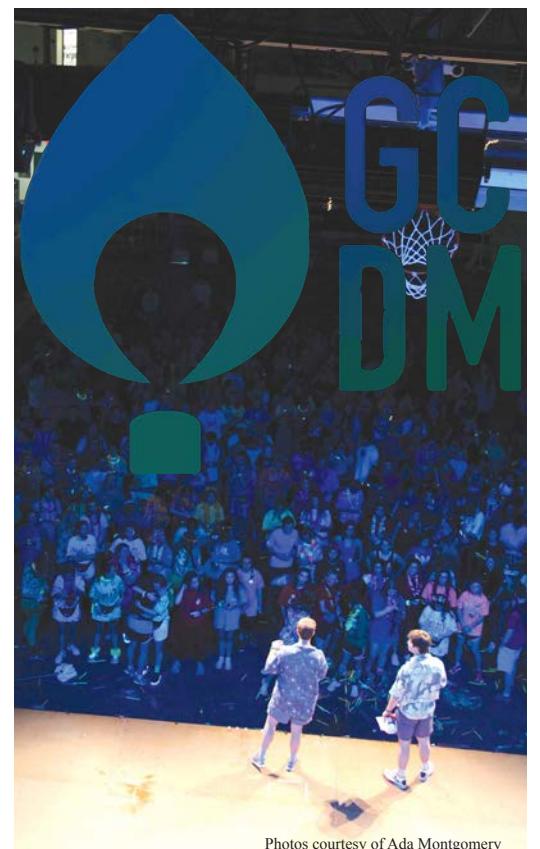
"Dance Marathon is definitely one of my favorite parts of GC Miracle, so it's cool that during my last year, this is my position," Innis said. "The fact that I'm making it work is just everything to me because DM has become such a big part of me."

Emphasized throughout the night was the fact that Dance Marathon

isn't about the numbers: it's about the miracles that will come from the money raised.

"Every kid should have the right to be a kid and play outside and have special moments, and it just breaks my heart that illness happens to these kids," Innis said. "We want to do anything that we can to do bring them light, bring them hope and just be a miracle because these kids that fight cancer are the miracles."

With over \$250,000 raised, GC Miracle just sponsored a whole lot of miracles.



Photos courtesy of Ada Montgomery

HOW TO: Give a winning interview

Emmy Cooper
Staff Writer

As graduation looms on the horizon, the Career Center is offering mock interviews to help students prepare for their future.

By participating in mock interviews, students will have the opportunity to learn the skills they need to give a winning interview.

Career development coordinator Pam Santamaria works with

students on their career goals.

"As advisers, we can help students and guide them and give them feedback," Santamaria said. "We can help them maximize their answers and target their answers for the position they are interviewing for."

Last semester, the Career Center asked for student feedback on their experience with mock interviews. Out of all of the answers, 100 percent of students said that mock interviews were beneficial to them.

Before coming to GC, academic advisor Teddy Ivey participated in

interviewing applicants at several companies. With this experience, he can tell students what qualities hiring managers are looking for during an interview.

"They are looking for people who are being honest, people who avoid canned answers [or stereotypical answers], and they are looking for people who have done their research on the company and job they are interviewing for," Ivey said.

While Ivey touched on what to do, Dwayne Peterson, assistant director of the Career Center, talked

about what not to do during an interview.

"It all comes back to being unprepared," Peterson explained. "So, being unprofessional, not taking it seriously and giving off an impression that you are disinterested."

Students will learn more tips and tricks like this during their mock interview session. Mock interviews will be held on April 19 and 24 from 10 a.m. to 4 p.m. in the Career Center.

GC encourages students, especially juniors and seniors, to

start preparing for an interview because the more students practice, the better they will be at interviewing. The mock interview process allows students to see their strengths as well as what they need to work on to achieve a successful interview.

"Students don't want to realize they are not good at interviewing while they are in the middle of one," Santamaria said.

After hearing from the experts, here are eight steps students should follow to win an interview.

1. Do your research: Make sure you know information about the company and the position you are interviewing for. You do not want to walk in there clueless!

3. Practice, practice, practice: Most interviews include similar basic questions, so plan some answers. Looking like a deer in headlights is not going to get you the job.

5. Walk in the room confident: When it is time for the interview, be ready to sell yourself. Know what you have accomplished, and be proud to talk about yourself. However, make sure to do so with intention. Employers are seeking individuals who will benefit their company, not just shiny resumes.

7. Use your knowledge: This is your time to shine! You have prepared for this. It's time to sell yourself. Why are you right for this job? You have gotten this far—might as well go all out!

2. Plan your professional wear: Girls, wear dress pants or a long skirt with a blazer. No oversized comfort colors shirts and Nike shorts. While they are comfy, they are not professional. Boys, wear a suit and tie. No snapback hats or New Balances. Dress for success!

4. Know yourself: Look at your resume and know it by heart. You need to sell yourself, so memorize each accomplishment and explain your role. That way, the company will know what you are like as an employee and how you handle situations.

6. Make a good first impression: Smile, give a firm handshake and maintain eye contact. Be attentive, and act like this is your dream job, even if it is not. Keep the conversation flowing; you don't want it to feel like you are pulling teeth to keep the interview entertaining.

8. Closing: At the end of an interview, typically you're asked, "Do you have any questions for me?" Do NOT ask about salary or benefits. Save that for the offer. Ask something like, "When should I expect to hear from you?" That way, the interviewer knows it's time to close, and you get your answer.

Take Me Away in Milledgeville

**Macy
Lobel**

Contributing Writer

Award-winning local photographer Maryllis Wolfgang has displayed her art at the Allied Arts exhibit downtown. Wolfgang's exhibit "Take Me Away" is on display until April 6.

The Allied Arts' offices and gallery space takes place at the John Marlor House. The house was built in 1830 and was renovated in the 1970s to expand and repurpose the building.

After working in the GC admissions department for nearly 30 years, Wolfgang found her passion after receiving her first digital camera from her husband. She spent her time photographing with her husband in several locations and found a way to express and capture the beauty she saw.

Wolfgang started her photography business, The Crazy W, LLC in 2007. Since her first photography festival, she has continued to participate in various festivals each year including "Christmas Made in the South" and the Lake Oconee Festival. Additionally, she has won several art awards throughout the years.

Wolfgang has recently retired as the managing photographer and feature writer at Milledgeville

Living Magazine. Milledgeville Living Magazine has recorded some of the most fascinating stories and events to take place within the community. She is, however, currently the official photographer for the Milledgeville-Baldwin Chamber of Commerce.

Executive Director Brian Renko has worked for the Allied Arts for 21 years. He contacts artists, arranges and hangs the displaying artwork and organizes opening receptions for different artists to give them the opportunity to explain more about their work. Most displays are up for one to two months.

By capturing different scenes with her camera's lens, Wolfgang physically pulls viewers into the moments displayed in "Take Me Away." One shot is a beautiful scene of Savannah's River Street titled "After the Party."

"The only time you can find River Street empty is after the partiers have gone to bed and before the breakfast people come out," Wolfgang said.

She was preparing for an art show on River Street and took a shot of the vacant railroad tracks at the crack of dawn. After she returned home, she printed it and immediately began selling it.

Someone later pointed out to her that there was actually a man in the picture. Wolfgang had walked down the street to make sure that it was completely empty, so she had no idea where he came from. In the photo, the man, who seems to be

dressed in an old sailor's outfit, is hidden in the fog, walking along the tracks with a missing leg but no crutches.

As Wolfgang continued to sell this picture, she received a call from one of the people that bought the photograph with another obscure detail.

According to Wolfgang, the woman on the phone said, "Maryllis, I love the picture. It looks great in my home, and the ghosts must be happy because nothing's falling off of my walls. Now tell me about the woman in the picture."

"What woman?" Wolfgang asked.

Though some people don't see her, there appears to be a woman in an old-fashioned dress gazing out the window of one of the buildings.

Wolfgang unintentionally captured a ghost story with this photograph. Fitting, as Savannah, Ga. has been known as one of the most haunted cities in America.

Wolfgang also highlighted the importance of physically printing pictures, rather than saving them on disks and hard drives. People have saved pictures on all of these media, but the pictures are gone now because technology has moved on.

At the exhibit, Wolfgang's "Seven Generations — First Daughter of First Daughter" specifically illustrates this idea.

"I'm really strongly trying to get people to print on good photo paper," Wolfgang said. "There's not too many who can look back



Macy Lobel / Contributing Photographer

Maryllis Wolfgang poses in front of one of her pieces.

seven generations and say, 'Oh, that's what my great-great-grandmother looked like.' If I could say anything at this point in my photography career, I would say get pictures and get them printed, and number two, get in your pictures. Be part of your children's history."

According to The Union-Recorder, "Wolfgang will donate 20 percent of the proceeds back to

the organization itself. Allied Arts Executive Director Brian Renko expressed excitement at the chance to show off one of Milledgeville's most accomplished photographers."

Maryllis Wolfgang's work captures the natural beauty of the community and the people surrounding it, giving people even more reasons to come to Milledgeville.

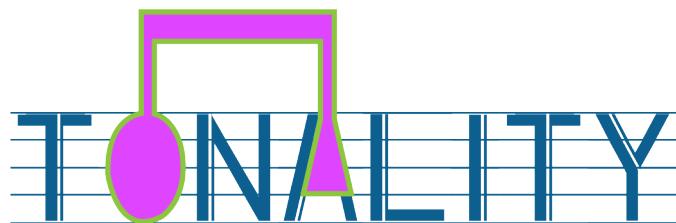


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"The Seer" by Swans

By Benjamin Monckton

Sometimes the skeletons of conventional pop music restrict the power of music. But in the world of Swans, experimentation is welcomed, and listeners should brace for

impact.

"The Seer" proves that there is no format for the creative process, a refreshing reminder that music has never been bound to convention.

"The Seer" is not an easy album to listen to. It's more than a musical experience: it's a sonic manipulation of the senses. It is a primal collection of music that marries beauty with the despicable.

The two hour long album is a psychological attack. Swans knows exactly how to raise our heart rate, making us feel like we are about to be attacked. The climactic sounds of the title track tick like a pipe bomb planted in our nervous system. By the end of the thirty-minute attack, the we feel a form of satisfaction, reminding us of the music's physical influence

on the body.

"The Seer's" intense, merciless sound torments the brain. Yet every instance of terror is followed by refreshing breaths of ecstasy: great tension then release. For fans of the carefully executed crescendo, there is a high to be derived from this album.

This album is challenging to listen to. It demands attention and commands an emotional response. The spine chills, goosebumps rise and sweat collects at the brow. The listener is transported to a dimly lit corner of their psyche, confronting previously hidden obstacles.

I remember the first time

I heard the opening track "Lunacy." I was driving by myself through the mountains. The music was so terrifying, I had to pull the car over and catch my breath.

How each of us reacts to sound is something that should be uniquely celebrated. "The Seer" is a perfect example of the relationship between the mind and external stimuli. It attacks the ear like a jackhammer, penetrating the subconscious with series of jabs, bites, kisses and stings. The listener, if not relieved at the album's close, will most certainly be driven into madness.



"I really enjoy being on front campus on a beautiful day, enjoying the weather and socializing with my friends."

-Jordan Prinsen, freshman and undeclared



"I really enjoy going downtown and getting bubble tea and then coming back to front campus to have a picnic with my friends."

-McKenzie Helmbold, sophomore and early childhood education

WHAT'S YOUR FAVORITE SPRINGTIME ACTIVITY IN MILLY?

Compiled by Patrick Steimer

"My favorite thing to do in the spring is laying out in the sun and soaking up that vitamin D. I [also] like to take photos, and me and my friends like to play Frisbee."

-Hani al-Sharif, junior, physics and math double major



"I like going to the Greenway with friends and playing Frisbee."

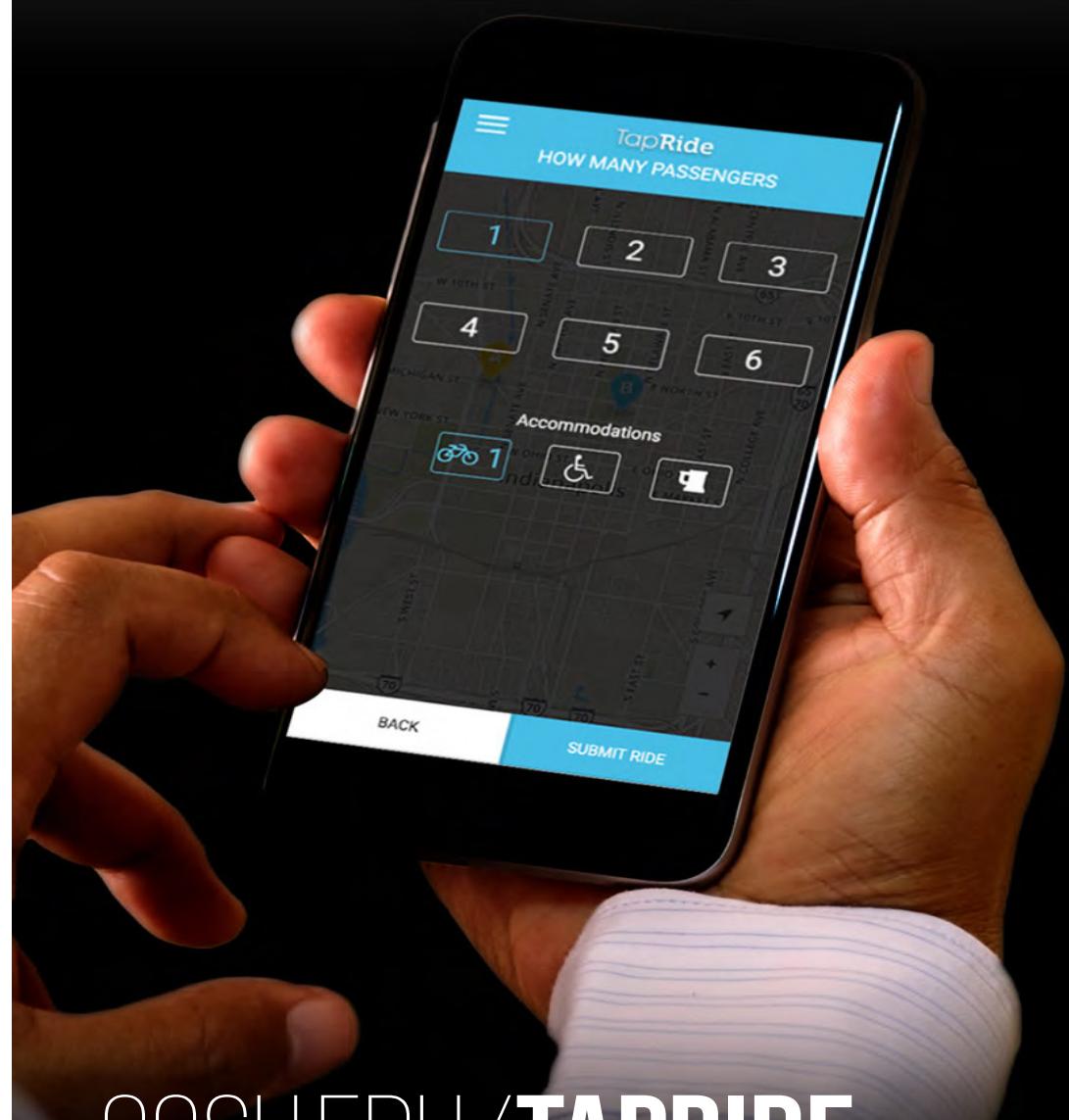
-Dorianna Dobson, senior and biology major



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